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Giving six more years; Sailor reenlists for second time



By JO1 Jeannette Bowles

Ask MA2 Billy Waters why he decided to devote another six years to his country and he'll answer with a single word: opportunity. Opportunity has given Waters the means to travel the world, take care of his family, and make him self sufficient. It has also given him a chance to continue the career he loves. On Tuesday, November 16, Waters raised his right hand and reenlisted for the second time in his Navy career.

"I'm a career Navy person," said Waters. "I'm from South Central Los Angeles and had I stayed there, I probably wouldn't have gone anywhere. The Navy has presented me with opportunities. I've been to five continents and I've had an opportunity to send my wife to college to finish her degree."

Waters, who came into the Navy just over nine years ago, said he wanted to make this reenlistment special, especially for his mother.

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Angel Trees bring angelic gifts for holiday season

By NC1(AW) Pamela Jensen
Command Career Counselor

Angels, angels everywhere . . . have you seen them?

The Base Chapel is sponsoring Angel Trees this year to provide local children the joy and excitement every child deserves.

Each tree will have Angels with the age and sex of a child. To participate, just take a tag



off the tree, buy a gift and return both the Angel and the unwrapped gift to either RP2 Leslie Williams at the Chaplain's office or NC1 Pamela Jensen in the NAF Command Career's Counselor office in Bldg 214 by December 20.

Angel Trees are now up at the Commissary, Chapel Fellowship Hall, Branch Medical Clinic and Strike. This year's Angel Trees will benefit The New Creation Shelter and The Center for Family Solutions.

For more information, contact either RP2 Williams at 339-2461 or NC1 Jensen at 339-2329.

Your gifts may be the only ones some of these children will receive. We need your help to ensure Christmas is a time to remember, not forget.



Reenlistment

continued from pg. 1

"It's a different point that I'm at in my Navy career," said Waters. "I see that the Navy has done so much for me and my family that I wanted my mother to be a part of the ceremony. I think my mother is proud that I'm in the Navy because I know she was worried where I was going when I got out of school."

Waters reenlisted by the flagpole at flag circle with his family and his mother by his side.

To officiate the ceremony, he chose Chaplain Robert Church.



have to give back to myself," said Waters. "It's about an opportunity that I have to not be in my parents house struggling, trying to go to college like my brother did."

Waters has since transferred to San Clemente Island where he will serve a three-year tour. As for his reenlistment, Waters said he would do it again.

"We have to be able to sit down and say do I love this enough to commit 20 years and will I have any regrets afterwards," Waters said. "The first time I reenlisted I didn't have any regrets and this time I didn't have any regrets. My love for this country has a lot to do with it. America is where I'm glad to be."

"My mother is an ordained minister, I grew up in a real religious household, so the Chaplain was the ideal person for me to have do my reenlistment," Waters said. "It was one of the better ceremonies. It was short, sweet, to the point and the Chaplain was right on the money."

As part of his reenlistment Waters received a reenlistment bonus, but said although the money helped, his decision to serve another six years was never about the money.

"It's about an opportunity I



Photos by ITC Jon McPherson

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Federal Fire Department welcomes three new members

By JOI Jeannette Bowles

The family of the Federal Fire Department at NAF El Centro has just gotten a little bigger. Over the last few months, three new members have joined the department, bringing with them experience and dedication to the job.

Erlend Frederickson is the Fire Department's new chief fire inspector. He arrived here October 18, having just retired from the United States Navy.

"I retired September 30 and joined the Federal Fire System," said Frederickson. "When I was in Rota, Spain I was working for the Fire Department there as an inspector. I wanted to continue to pursue my love of the fire department in the federal system."

As the fire inspector, Frederickson conducts building inspections and fire and safety prevention as part of his job.

"I love my job," said Frederickson. "This is a second career for me. I hope to do at least 20 years and then join the ranks of the Snow Birds."

While here, Frederickson said

he hopes to accomplish further understanding of fire and safety practices and get more education.

In his spare time he said he loves to fish and play sports.

Ken Cain is another new face at the Fire Department. He joined as a firefighter and has been here for two months.

"I was looking to become a firefighter," said Cain. "And through the grapevine of someone who used to work here I found out about Federal Fire. I got in contact with Chief Bell and from there pursued the career and got hired."

As a firefighter, Cain works 48-hour shifts with days off in-between. He said his day begins with a morning meeting that lets him know what he is going to do for the day. That is usually followed by a vehicle checkout, drills, inspections, and training.

"The last thing we do is hit the gym," Cain said. "It's very important that we stay physically fit."

Cain said so far it's been a great experience for him.

"My favorite part of the job is the teamwork," said Cain. "I love doing the drills, but I've never



Ken Cain (L) and Cody Campos (R) are two of the Fire Department's new firefighters. (Photo by JOI Jeannette Bowles)

worked in a place where teamwork is not just talked about, it's actually done. It makes the job go so much easier and smoother for everyone.

"It's been a great experience," he continued. "There hasn't been one person who hasn't given me knowledge or told me the door is always open, ask questions. It's been so helpful here."

While here, Cain said he wants to gain more firefighting knowledge, earn certifications and be a member of a good team.

In his spare time, Cain said he likes to keep physically fit, ride his Harley, run with his wife, see movies, go dancing, snowboard, and play with his two dogs.

The third new member of the department is Cody Campos who joined as a firefighter. Campos came to El Centro from Spokane, Wash. where he was a volunteer firefighter.

"My father works as a Federal Firefighter," said Campos. "He told me that since I was already EMT certified and had been through the Fire Academy I should bring my skills down to California."

He joined the department July

26.

"The first day I hit the drills and started training," said Campos. "I'm learning different techniques down here from what I learned in Spokane."

As a firefighter, Campos' day-to-day job is the same as Cain's.

"Every day is a learning experience," said Campos. "We drill every day, whether it's outside, physical drilling, being taught by our Captain, being in the books or on the computer. We're always doing something to make sure we have to feed our brains."

Campos said his favorite part of the job so far is the new experience with the aircraft at NAF and learning new things. He said everyone has been a good, positive influence on him and that knowledge is the key.

"It opens doors to new and better things out there," said Campos. "It's a good foundation for whatever might go on in the future. You can never know too much."

In his spare time, Campos loves to play sports and said he would like to get more involved with the community.



Chief Fire Inspector Erlend Fredrickson is the Fire Department's new fire inspector. (Photo by JOI Jeannette Bowles)



Sea Cadets honor veterans at sunset memorial ceremony

By ABF2(AW) Robert Chiaravallotti
Sea Cadet Executive Officer

The Sea Cadets of NAF's Desert Eagle Squadron participated in this year's ninth annual Sunset Retreat held November 11 at the Pioneer Museum in Imperial Valley to honor our country's veterans.

It took three weeks of rehearsals with the cadets meeting each Tuesday evening to learn what it takes to be a Company Guideon. They practiced three hours each meeting working with members

of the Imperial Valley United Veterans Council and United States Naval Sea Cadet Corps instructors to sharpen their skills in drill, uniform appearance, military bearing and the manual of arms required for guideon. At each rehearsal the cadets shined a little brighter.

All the practice paid off when the cadets took the parade deck with full dress blue uniforms and a look of pride in their eyes as they strutted their stuff. The discipline and bearing they demonstrated on the field was very impressive. Mr. John Davis, Commanding the Battalion, later said after the event came to a close, "The cadets did fantastic. I forgot they were kids. They looked like active duty sailors".

Each member of the Sea Cadets earned a Letter of Appreciation from the Commanding Officer of the Provisional Veterans Battalion naming them as honorary members. They were very proud



Sea Cadet Jennifer Mejia stands with her guide on at the Sunset Retreat held in Imperial Valley November 11. The Sea Cadets participated in the event held to honor and remember the nation's veterans. (Photo by Pedro Alaniz, Sea Cadets Commanding Officer)



The Sea Cadets wait for their cue to take their positions on the field. (Photo by JO1 Jeannette Bowles)

to receive their citation and even more proud of what they had accomplished.

The Cadets are now gearing up for earning their rifle and pistol ribbons at the range simulator at

MCAS Yuma.

For more information regarding the U.S. Naval Sea Cadet Corps program, contact ABF2(AW) Robert Chiaravallotti at extension 2933.

A little taste of Thanksgiving



Kyle Smith enjoys a slice of pumpkin pie at the Child Development Center November 18. The CDC staff served pumpkin pie to all the children as a special pre-Thanksgiving treat. (Photo by JO1 Jeannette Bowles)

Sharing the holiday spirit

Submitted by Security

In 1989, police departments around the country received letters from Mrs. Dolly Craig of Philadelphia, PA, stating she'd be putting blue lights in her window that holiday season. The lights would be in remembrance of her son-in-law, Danny Gleason, a Philadelphia police officer who was killed in the line of duty in 1986, and her daughter, Pam, Danny's widow, who was killed in an auto accident earlier in 1989. She thought others might like to share her idea. Dolly's idea is now her legacy.

Police officers shared the idea with others. Now thousands of blue lights shine nationwide during the holiday season to

honor and remember those law enforcement officers who have given their lives in service to the profession. The blue lights also thank those officers who continue to work America's dangerous streets each and every day of the year.

From a single blue candle in a window to a complete shopping center outlined in blue lights, the message is the same. Promote 'Project Blue Light' in your neighborhood, your agency, and your community. Let America glow with blue lights this holiday season!





Chiaravallotti named Building Monitor of the Quarter

By JO1 Jeannette Bowles

Every two weeks, ABF2(AW) Robert Chiaravallotti makes an inspection of six different buildings as part of his building monitor duties. On Thursday, November 18, Chiaravallotti was rewarded for his efforts as he was named Building Monitor of the Quarter (BMOQ) for the 4th Quarter of FYO4.

The BMOQ is a new program and an award is presented to a building monitor who demonstrates a commitment to aid in the reduction of energy consumption for their assigned buildings.

"I saw an email talking about the new building monitor program they were releasing,"

said Chiaravallotti. "It was a base-wide email so I responded to it. I did it just to get involved. I try to do as much on the base as I can."

Chiaravallotti has been a building monitor since July. Some of the buildings he takes care of include the Government Service Station, the hot pits, and the generators.

"I go through and look for material discrepancies, anything that needs caulking, building damage, and take an inventory of buildings," said Chiaravallotti. "I try to come up with ideas that save the Navy money. I make sure computers are off and the air conditioners aren't on with the doors wide open."

Chiaravallotti said winning the award came as a surprise to him.



"I didn't know I'd been submitted," he said. "I would do all these reports and never quite know where they went, but all my hard work paid off."

As a reward, Chiaravallotti received two certificates; one from the base and one from Navy Region Southwest. He will also receive \$150 in MWR dollars.

Picnic sheds light on energy awareness promotion

By JO1 Jeannette Bowles

On Wednesday, November 10, Public Works' Energy Department held an Energy Awareness picnic designed to help promote Energy Awareness on base.

"The event went really well," said Ensign Jerry Kao, NAF's Energy Manager. "We had about 150 people show up."

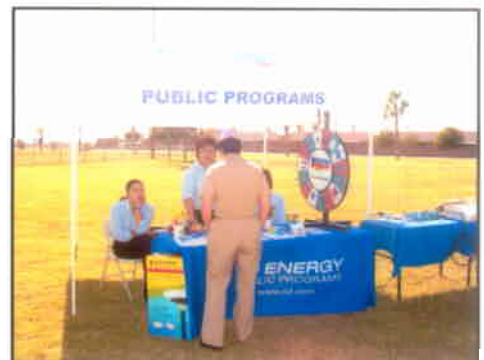
At the event, personnel were treated to free carne asada as they walked among the

displays and booths of information set up by the Energy Department, the Imperial Irrigation District and SoCal Gas.

Prizes were also given away at the event.

"About 14 people won free mugs," said Kao. "And everyone who came got free lunch. I think it was a good event and it was pretty successful."

One of NAF's personnel learns more about energy awareness at the Energy Awareness Picnic. (Photo submitted by Ensign Jerry Kao)



Energy awareness becomes rewarding for NAF personnel

By JO1 Jeannette Bowles

Conserving energy is about to become rewarding for base personnel. The Energy division of Public Works is sponsoring an annual Energy Leadership Award designed to help promote energy conservation.

The award is an annual award given to an individual, group, or command who makes a noteworthy contribution to the base energy program throughout the fiscal year. Military personnel, civilian employees, base operating support contractors, and military

organizations under the utilities funding umbrella of Navy Region Southwest are eligible to participate.

According to Ensign Jerry Kao, Public Works' Energy Manager, participants need to find ways to save energy and water consumption costs throughout the year. Then they need to submit a final report of their efforts to the Energy Manager or Resource Efficiency Manager in Public Works. The report should include specifics on what was accomplished and who was involved.

NAF's Commanding Officer will be involved in the final decision of the winner.

Military awardees will receive \$500 MWR bucks and a plaque. Civilian awardees will receive \$500 cash and a plaque. They are then eligible for the Regional Energy Leadership Award which awards the winner with \$1,000 MWR bucks or cash. Contractors are not eligible for a cash award, but will be recognized base wide for their efforts with a regional plaque.

For more information call Kao at extension 2224.



Sailors volunteer time to help at special rodeo show

By JO1 Jeannette Bowles

The Brawley Cattle Call brought the spirit of the Wild West into their annual rodeo show and 16 volunteers from NAF El Centro had an opportunity to participate in a very special day. On Wednesday, November 10, the organizers of the Cattle Call held a special event for all the disadvantaged kids in the valley and the volunteers donated their time to make sure the event was special for the kids.

"The kids have a special day where they can touch the animals and get out and have a good time and see what the rodeo is all about," said Patty Dockstader, a greeter at the rodeo. "We've been doing this special day for about 16 years."

At the event, the volunteers were responsible for escorting guests to their seats, helping with wheel chairs, greeting those who came to the rodeo, and providing general assistance.

MASA Alonzo Anderson, one of the volunteers, said this was his first Cattle Call experience.

"I volunteered because I'm

about helping my shipmates out whenever and wherever," said Anderson.

Both NC1 Pamela Jensen and SK1(SW) Robert Smeltzer volunteered last year, but decided to do it again this year.

"I like volunteering," said Jensen. "Some of the kids are a trip because they get so excited about seeing the rodeo."

"I went to assist the elderly and handicapped people," said Smeltzer.

Once all the guests were seated, the volunteers were able to sit back and enjoy the rodeo. The rodeo included events such as goat tying, barrel racing, calf cutting, and a goat ribbon race. There was even a pack of clowns to entertain the crowd with their rodeo antics.

"The rodeo was off the chain," said Anderson. "The best part of the rodeo to me was the competition between the cowgirls who did some chasing, slamming, and tying of the little goats."

For Jensen, the best part of the rodeo was the calf cutting.

"It's where the team selects a number and then they have to pen four calves with that





number without getting other numbers in the pen."

Smeltzer enjoyed the reaction of the kids' faces during the rodeo.

"The best part was seeing the excitement of those in attendance," said Smeltzer.

Dockstader agreed. "My favorite part of the rodeo is the kids. They light up."

After the rodeo, the volunteers were back to work helping the rodeo guests out of the stands and back to their buses.

"It is very rewarding helping those who are unable to help themselves," said Smeltzer. "They are not helpless but needed a push or a hand to go in the right direction. They never seemed to be able to say 'thank you' enough. The sparkle in their eyes said more then words ever could."

As a first-time volunteer, Anderson said the experience for him was out of this world.

"I felt so blessed to be a part of such a wonderful event," said Anderson. "I was definitely thrilled to lend a helping hand, especially to the children. It was a great experience."

For their time and efforts, the volunteers were treated to a tri-tip steak lunch after the rodeo. They were able to relax and reflect on the morning's events.

"It was good to sit down and relax with others," said Jensen. "It was a nice getaway from the base."

"The tri-tip dinner is the best that I have had in the area," said Smeltzer. "The Cattlemen know how to prepare their beef."

Smeltzer, Jensen and Anderson said they would volunteer again next year for the event.

"I got a great feeling helping everyone out this year," said Anderson. "I believe we definitely gave a good impression to the community and I can't wait again until next year."

Smeltzer said he would volunteer again because it's a chance for him to get out and help someone in the community who really appreciated their assistance.

"A few years ago, I saw a news report on the Special Olympics," he said. "The determination on the faces of those young people was incredible. No matter what place they finished, all were rewarded. Each one congratulated all of those in the event. There was none of the 'look at me, I am better then you' attitude that we so often see in sports. That same excitement and appreciation was evident at the Cattle Call Rodeo."





Team Shield and Vincennes University get new home

By JO1 Jeannette Bowles

The Army National Guard (Team Shield) and Vincennes now have a new home at NAF El Centro. On Tuesday, November 16, a ribbon-cutting ceremony was held to commemorate the opening of the newly renovated Bldg 221.

"Half of the building will be used by the Army National Guard, Team Shield, as a home base for their work in Imperial Valley near the Mexican border assisting the Border Patrol in their drug interdiction operations," said Lt. Cmdr. Nelson Wells, Public Works Officer. "The other half will be used by Vincennes University in order to provide college courses on base to military and civilian personnel looking to pursue

higher learning."

Construction on the building started in July and Wells said the work was contracted out to the base multi-trade contractor, Southbay EDC, Inc. by the Naval Facilities Engineering Command, Southwest, NAF El Centro field office.

Throughout December, Team Shield and Vincennes University will begin to take residency in the building.

"Vincennes will be ready to conduct classes starting the January 2005 term," said Wells.

Wells said the project cost \$140,000 and was half funded by the California Army National Guard.

"The best part about completing the project was we transformed a very old, World War II era, energy inefficient



Dolores Vacca, Vincennes University coordinator, Cpt. Mitch Utterback, Team Shield Officer in Charge, and Cpt. Paul Ziegler, NAF Commanding Officer cut the ribbon on the new building. (Photo by JO1 Jeannette Bowles)

building into an energy efficient improved spaces for Vincennes building that the Army can work University to conduct classes," out of and yet also provide much said Wells.

School kids get glimpse into a workday at NAF El Centro

By JO1 Jeannette Bowles

NAF El Centro opened up a whole new world for 16 students from Brawley Christian Academy on Thursday, November 4. The students took a tour of some of the base's facilities to find out what the Navy and the base is all about.

"Our intention was for this trip to be educational, informative, and enjoyable,"



said Patricia Ojeda, an 8th grade teacher at Brawley Christian Academy. "We are currently studying about our nation's past wars and troubles with other countries and this enabled the students to learn the importance of having Naval bases remain open in our county."

The students visited Security, Medical, Operations, Weather, and the Fire Department as part of their tour and learned about the day-to-day operations of the facilities and what the base does in general.

"I never knew all this was out here," said Ojeda. "Most of these students have never set foot on a military base before. This was an amazing experience."

After touring the facilities, the students ate lunch in the galley and then took a window tour of the base.

The students seemed to enjoy their visit to El Centro.

"I really liked the base," said Travis Ojeda, a 7th grade student at the Academy. "Maybe I'll go into the military when I'm older."



(Left): HM3 Kenneth Wright shows the students an x-ray. The Branch Medical Clinic was one of the stops on the students' tour of the base.

(Above): AG3 Quintonia Franklin gives the students a tour of the Weather Department. (Photos by JO1 Jeannette Bowles)



Christmas Worship Services at Base Chapel

Christmas Eve 10:30 a.m.

Christmas Eve Protestant Candlelight Service: Dec. 24 at 7 p.m.

Christmas Eve Roman Catholic Christmas Vigil: Dec. 24 at 10 p.m.

Christmas Day Mass: Dec. 25 at 10:30 a.m.





Making the grade



Photo by JO1 Jeannette Bowles

MA2 Willie Edwards holds his Bachelor of Science degree he earned from Excelsior College. He earned his degree in Psychology and Criminal Justice.

"I did all my work on the computer," said Edwards. "I'm self taught."

He said his next goal is to earn a Ph.D. in social work. He also recently earned his commercial driver's license and motorcycle license.

Protect your pets against Parvo

By MA2 Capri Griffith
Security

vaccinated for Parvo can contract the virus.

The late Fall and early Winter season is the time of year for a deadly disease called 'Parvovirus'. Although the disease is not airborne, 'Parvo' is highly contagious and extremely hardy. Puppies and adult dogs can contract the 'Parvovirus' and never leave their yards. The virus can survive for nine months or longer in the soil or your dog can be exposed in other ways - such as by you. If you happen to walk through an area where there is 'Parvo,' you can pick it up on your shoes, hands, and even car tires and bring it back and expose your pet. Birds can also carry and can pass on the disease. If they visit your dog's food dish for a free meal they often leave their waste on or next to the bowl. Even puppies that have been

Primary symptoms usually begin with a high fever, lethargy, depression, and loss of appetite. Basically, your dog seems as though he has lost interest in everything aside from sleep. Secondary symptoms are vomiting, and foul smelling, sometimes bloody, diarrhea.

Please protect your dogs and take them to the vet for a check up even if they don't have the Parvoguard shot. You are more than welcome to contact the veterinarian from Yuma Proving Grounds to set up an appointment in Yuma, Ariz. Her contact number is (928) 328-2064 or contact your local vet. Animal control also has a lot of information on vets in the Imperial Valley area and could be of great help. You can contact them at 339-6291.

Vet to visit NAF El Centro

By MA2 Corey Bankston
Security

If you have a pet that needs to get its shot record updated or a simple check up, Veterinarian Capt. Anderson from Yuma Proving Grounds will be here December 15. She will see all patients by appointment only.

This is our new veterinarian so let's keep things simple and organized so

she will keep coming back to help us out. To make an appointment call (928) 328-2064 or DSN 899-2064.

For pet registration or animal control please contact MA2 Griffith at extension 2222. Security has picked up even more dogs and cats lately with no collars, let's keep those collars on our pets.

If you have questions call me at extension 2976.

Safety stand down touches on holiday safety

By JO1 Jeannette Bowles

On Tuesday, November 23, NAF El Centro held their quarterly Safety Stand Down in the base theater. Although the base is directed to conduct a stand down every quarter, with the holidays approaching, it was a perfect time to remind personnel about what they can do to remain safe during this time of year.

"Part of it is, everyone is an extra set of eyes and sanity check of someone sitting next to them," said Capt. Paul Ziegler, NAF's Commanding Officer. "We want to make sure people aren't taking risks."

The stand down included such topics as earthquake preparedness, motorcycle/ATV safety, environmental hazards, and the Click-it-or-Ticket program.

"Education is vital to the success of any safety program," said Marco Cobarruvia, NAF's Site Safety Manager. "Hazard awareness and qualification training was conducted to ensure individuals are aware of specific hazards, PPE requirements, and procedures for protecting themselves in recreation, athletic and home environments."

In addition, the safety stand down included topics related to the holi-

days such as suicide awareness, holiday stress, and fire safety.

In his presentation on fire safety, Chief Fire Inspector Erlend Frederickson included tips on Christmas trees and lights, candles, and fireplace usage and how to use them properly.

"Hopefully, NAF employees retained some information that can help them this holiday season," said Cobarruvia. "According to the Commanding Officer and Executive Officer, it went well."

If you have questions about what was covered in the Safety Stand Down, call the Safety Office at extension 2448.

Children's Christmas Party

There will be a Children's Christmas party on December 12 at the Mirge Club. The party will be held from 1-3 p.m. For more information call the club at 339-2644.



Keeping your pets happy, healthy, and safe during the Holidays

By MA1 Jeffrey Stephens
Security

The holidays are here again, and even though you want all of your family members included in the festivities, sometimes making your pet a part of the plans can be harmful to his/her health. Follow our tips to guarantee everyone a happy and safe season.

Don't feed the animals: Bones, especially from poultry, could splinter, causing blockage and sometimes death.

Don't feed them the leftover fat drippings either. Fatty food, spices and grease can cause vomiting, diarrhea and/or pancreatitis.

Make sure to throw aluminum foil from your holiday turkey in the garbage. A household pet might mistake the metal scraps for food. If ingested, the foil can be razor like, causing internal injuries or an intestinal

obstruction.

Be careful of the hot containers filled with baked goods that could fall, tip or drip on your four-legged friend.

O, Christmas Tree: Make sure that your tree stands on a wide, flat base. If you have a feline family member, see to that your tree is wired up-right to a wall or post. Tie ornaments securely with ribbon or twine - medal hooks can snag curious mouths. Avoid using angle hair spun of glass, tinsel, artificial snow or snow flock. These low-level toxins can cause eye and skin irritation, as well as intestinal obstruction if ingested by a curious pet.

Opt for ornaments that are wooden, metal or resin to hang on bottom branches. Keep glass ornaments out of reach; broken glass is harmful to paws.

Festive to the eye, not to the tummy: A few of the season's popular plants, such as Christmas

ivy and mistletoe, can be poisonous.

Some signs that your pet has been snacking on your plants might include vomiting, frothing and diarrhea.

Keep chocolate out of the reach of furry fiends, too. Chocolate is a stimulant that can cause seizures or heart failure and is dangerous to both cats and dogs when in large quantities. Veterinarians suggest rushing your pet to the vet if it has consumed an ounce of baker's chocolate per pound of the animal's weight, or 10 ounces of milk chocolate per pound of the animals' weight. Lower quantities may cause vomiting, diarrhea and/or an upset stomach.

The bottom line is that if you are in the least bit unsure - it is best to consult with your vet before giving your pet a treat you have not given them before.

Animal Emergencies: Rarely should you try any home first aid

without checking with your vet or local animal hospital first. The seriousness of the damage to your can or dog, especially internally, can be best diagnosed and treated by a professional.

Choking: If your pet is pawing at the mouth, gagging or salivating excessively, try to remove any visible object from its mouth with your fingers. If the animal has already swallowed an object, seek professional help.

Poisoning: If you suspect your pet is poisoned, look for signs such as vomiting, trembling, breathing difficulties or seizure. Rush the pet to an animal hospital, or contact your vet or the ASPCA's Animal Poison Control Center at 888-426-4435.

Burns: If your pet gnaws through the electrical wire on the tree lights, it may get a small burn around the mouth. Rinse the mouth with cool water for 10 to 15 minutes and then seek professional help.

2004 NAF EL CENTRO CHRISTMAS PARADE

The 2004 NAF El Centro Christmas Parade and Tree Lighting Ceremony will take place Wednesday, December 15 starting at 5 p.m.

The parade will begin in front of the Jet Mart and finish at Flag Circle.

Awards will follow the parade and refreshments will be served at the library.

For more information contact MWR at 337-2686.



Tips on how to prevent the flu and treat it

Information provided by Branch Medical Clinic

toms at home by doing the following:

Flu season is upon us. Symptoms of the flu include: Headache, fever, coughing, sore throat, extreme tiredness, stuffy or runny nose, muscle aches, vomiting, diarrhea and nausea.

There are many things that you can do to avoid catching the flu. Try:

1. Washing your hands frequently with soap and warm water to protect you from germs.
2. Avoiding touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth.
3. Avoiding exposure to people who are ill. Many people make unnecessary trips to the doctor when ill with the flu. Because flu is a viral illness, it can't be cured by antibiotics or any other drugs.

For an uncomplicated flu, treat the symp-

1. Stay at home and avoid close contact with others.
2. Cover your mouth and nose when you are sick to prevent others from catching your illness.
3. Drink lots of liquid and get plenty of rest.
4. Take effective remedies such as ibuprofen, naproxen, or acetaminophen.
5. Contact your provider if over-the-counter medication doesn't work.

See your provider right away if you or your child experiences rapid or difficult breathing, marked irritability, and/or a lethargy, severe headache.

If you have severe symptoms such as nausea, persistent vomiting, or a high fever, go to the Emergency Room. Dial 911 if your situation is more urgent.

For more information contact the NMCSDFlu Hotline at (619) 532-5FLU.



Congratulations to NAF El Centro's newly promoted Sailors



*JO1 Jeannette
Bowles*



*AO1 Michael
Chandler*



*AO1 Richard
Hopkins*



*AC1 Seth
Thompson*



*YN2 Jeffrey
Holmes*



*AC2 Chad
Miles*



*AC3 Sheldon
Barker*



*AO3 Elias
Gomez*



*MA3 Laura
Oselett*



*AC3 Jacob
Ruiz*



*AM3 Jesse
Williams*



*MA3 Tyrone
Young*

Attention to Quarters

Quarters was held Thursday, November 18 at the base theater where Commanding Officer Capt. Paul Ziegler presented the following awards.

First Row (L to R): ABF2(AW) Robert Chiaravalloti received a LOC. He also was selected as Sailor of the Quarter and received a certificate for Honor Guard. AC2 Jennifer Hirsch received a certificate for Honor Guard and MA2 Marco Vacca received a certificate for Honor Guard.

Second Row (L to R): EN3 Kristine Turnage received a Navy/Marine Corps Achievement Medal, MA3 Michael Jensen was selected as Junior Sailor of the Month, and AM3 Jesse Williams received a certificate for Honor Guard.

Third Row: AOAN Megan Bermudez received a certificate for Honor Guard.



*(Photos by JO1 Jeannette
Bowles)*



(Photo by JO1 Jeannette Bowles)

Welcome to our new Sailors and their families.
Front Row (L to R): AZ1 Anacleto Trevino, AN Joneisha Johnson, AN Kit Wong, AN Chris Henderson.

Back Row (L to R): SK3 Edward Dorville, AN Justin Morgan, AN Aaron Whyte, AN Tiffany Lara, AMEAN Joel Smith, AN James Gormley



Housing Office Notes

Fire retardant for Christmas trees: The Fire Department will be offering fire retardant for your Christmas tree as they have in the past years. More information will come on this.

Christmas tree pickup: As we get closer to the end of the Christmas season, we will publish information on Christmas tree pickup. If you need to get rid of your tree before January 8, 2005, you can use the roll-off box located on "G" street.

Heating, ventilation, and air conditioning (HVAC) filters: We have about 100 "20x20x1" HVAC filters. If you need a smaller size, you can cut these down by removing the cardboard frame. Call the Housing Office at extension 2920 and we will deliver the filters to your home. Reminder: Please do not store filters in the water heater or HVAC closets. This is a fire hazard.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Ladies Night at the Mirage Club 8 p.m. Ext. 2330	2	3 Family bowling every Friday night 6-10 p.m.	4 Cosmic bowling every Saturday night 6-10 p.m.
5	6	7 Karaoke Night @ the Mirage Club 8 p.m.	8 Intro to Cardio Training 12 p.m. at the Fitness Center Ladies Night at the Mirage Club 8 p.m. Ext. 2330	9	10 Bowling for rookies at the Bowling Center (Get 3 strikes in a row, win a turkey!) Ext. 2375	11 Bowling for rookies at the Bowling Center (Get 2 strikes in a row, win a turkey!) Ext. 2375
12 Children's Christmas Party at the Mirage Club 4-5 p.m.	13	14 Karaoke Night at the Mirage Club 8 p.m. Captain's Cup Holiday Basketball Tournament 5 p.m.	15 Ladies Night at the Mirage Club Ext. 2330 NAF El Centro Christmas Parade starting at H Street at 5 p.m.	16	17 Child Care for Holiday Shopping at the Youth Center 5-9 p.m. Ext. 2644	18
19	20	21 Karaoke Night at the Mirage Club 8 p.m.	22 Ladies Night at the Mirage Club Ext. 2330	23	24 Christmas Eve 	25 Christmas Day
26	27	28 Karaoke Night at the Mirage Club 8 p.m.	29 Ladies Night at the Mirage Club Ext. 2330	30	31 New Year's Eve	

How to keep your home safe while you're away for the holidays

By Clara Parrish
Family Housing Director

Some of you may be making plans to visit friends and family over the holidays. If you will be absent from your quarters for more than seven days, you are required to complete an "Absence from Quarters" form at the housing office.

Here are some tips to help you ensure your home is safe while you are away:

1. Inform your neighbors and security of your absence.
2. Don't forget to stop the newspaper and have the post office hold your mail.
3. Prior to leaving, check to ensure all outside lights are turned off.
4. Turn your water heater to "vacation" and set the refrigerator to the lowest setting.
5. Remove all household trash from your home.
6. Lock your screened-in porch door and secure the doggie door.
7. Throw away food in the refrigerator, on the counter, and in the pantry that spoils easily.
8. Arrange for pet care. Pets are not to be left in the house or yard if unattended. Animal control will be called to pick up and shelter unattended pets.
9. Use timers to set one interior and one exterior light to come on at dusk and at dawn.
10. Turn off water sprinklers and ensure your fence gate is locked.
11. If you are leaving vehicles, ensure they are locked and parked in your driveway or under the parking canopy. Please do not park vehicles in the street.
12. Arrange for household plant care.
13. Double check to ensure your exterior doors and storage areas are locked.
14. Check to make sure all windows are locked. Pull your drapes and close the blinds.
15. Store children's play toys, bicycles, BBQ grills, and outside furniture.
16. Turn off all Christmas lights and decorations.
17. Double check all areas of the house to ensure all candles are out and wet the wicks.
18. Unplug all small kitchen, laundry, household, and beauty appliances.
19. For extended absences, we recommend you turn off the water supply to all toilets and the washing machine.
20. Turn the thermostat to 68 degrees.

For more questions or more information, contact the Housing Office at extension 2920.